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Sports pg 15

Printers returns to Lions for second shot

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22, 2009 metro

Celebrity Buzz

Biopic to star MJ's 'son' as King of Pop pg 22

Library bars suicide group

Fears liability for potential deaths

JEFF HODSON
jeff.hodson@metronews.ca

A group that tells people how to kill themselves has been barred from presenting at Vancouver's public library over concerns that the library could be held liable for helping people to commit suicide.

Paul Whitney, the city's librarian, said he cancelled the booking — which tells people how to kill themselves, what drug to buy and where to buy it — after legal and law enforcement advisers told him it would violate the Criminal Code.

Whitney said it was inappropriate for the publicly funded library to be putting itself in that position of "undo risk."

But Dr. Philip Nitschke, director of the Australian right-to-die group Exit International, said the group does not encourage people to commit suicide, but rather it gives them end-of-life information to better consider their options.

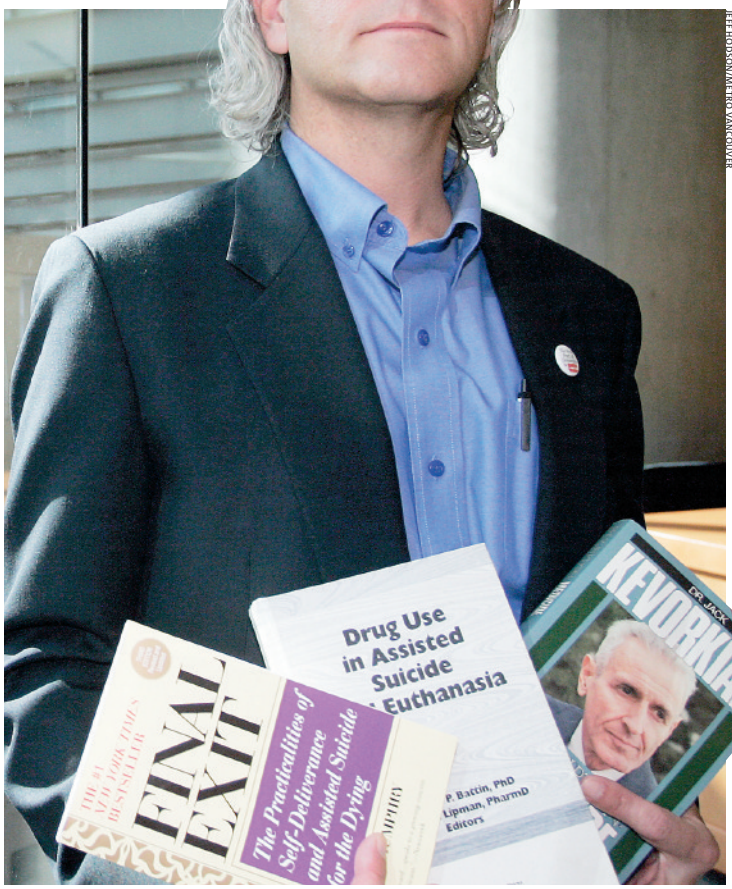
"This is an issue of vital importance to elderly Canadians ... The library is a place where one would expect the free impartation and discussion of ideas and information," said Nitschke, via an Internet video link from Australia yesterday.

Russel Ogden, a criminologist at Kwantlen Polytechnic University who has studied assisted suicide in Canada for the past 20 years, said talking about suicide is not an offence.

There is evidence, he added, that discussing suicide can even act as a deterrent.

The group had booked library space for a public information meeting as well as a "practical workshop" restricted to "rational people" 50 years and older who are considering suicide. It was the second session Whitney had problems with.

The B.C. Civil Liberties Association will meet with the library board tomorrow in hopes of overturning the decision.



JEFF HODSON/METRO VANCOUVER

Criminologist Russel Ogden at the main branch of the Vancouver Public Library yesterday, with three library books about suicide. He stresses talking about suicide is not a criminal offence.

No charges for father who left sons in hot car

ABBOTSFORD Police say they won't be charging a 26-year-old man who left his two babies locked in a sweltering car while he was drinking in an Abbotsford bar.

A patron at the Fat Pig Saloon called police in the early hours of Aug. 1 after hearing the man mention that he had to check on his kids.

When officers arrived, they found the little boys howling in a stifling car, covered in sweat and sitting in soiled diapers.

"Although this incident did not ultimately meet the threshold of criminal behaviour, it has resulted in ongoing intervention on the part of the Ministry for Children and Family Development," said Const. Ian MacDonald. METRO VANCOUVER

News on the Move

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France mulls 'health warning' for altered photos

LAW French politicians want to stamp a "health warning" on photographs of models that are altered in order to make them more appealing — part of a campaign against eating disorders.

French parliamentarian Valerie Boyer, who is a member of President Nicolas Sarkozy's UMP party, and some 50 other politicians proposed the law.

"These images can make people believe in a reality that often does not exist," Boyer said yesterday, adding that the law should apply to press photographs, political campaigns, art photography and images on packaging as well as advertisements.

Under the proposed law, all enhanced photographs would be accompanied by a line that says: "Photograph retouched to modify the physical appearance of a person."

REUTERS

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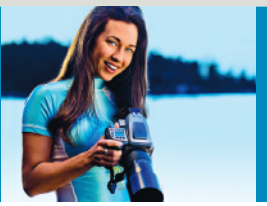
Local



Local gal in Maxim contest

Voting for Maxim's Hometown Hottie opened online yesterday. Nanaimo photographer Suzanne Teresa, left, is the lone Canadian finalist.

METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

News in brief

EMERY A business licence hearing to determine the future of Marc Emery's Cannabis Culture Headquarters will be held this morning at Vancouver City Hall.

ART Another sculpture of the Vancouver Biennale public art exhibition was installed near Denman and Davie streets yesterday.

DEATH RCMP in Burnaby are investigating the death of a 41-year-old woman, whose body was found in the 8300 block of 14th Avenue yesterday.

IRAN A rally is being held outside the Vancouver Art Gallery at 7 p.m. tomorrow as part of a global day of action to protest Iranian president Mahmoud Ahmadinejad's attendance at United Nations General Assembly.

METRO NEWS SERVICES

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WHAT'S ONLINE TODAY

Blogs Kenya Hunt scouts the off-runway styles at New York Fashion Week

Your Money Allan Small weighs the pros and cons of when to sell off market investments at **metronews.ca/investing**

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Are Canadians playing fair?

USA Luge official says Canada valuing winning over sportsmanship

VANCOUVER 2010 Games

KRISTEN THOMPSON
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The desire to win at next year's Winter Olympics has outstripped Canada's sense of sportsmanship, according to the executive director of USA Luge.

Ron Rossi says a 30-year-old agreement between the American and Canadians — in which both nations allowed each other's teams unprecedented access to their luge tracks — has fallen apart.

Canadian lugers were allowed as many as 500 extra training runs in Salt Lake City, but Americans have only been offered 18 training runs on 2010 tracks, Rossi said.

"The Canadians have given out the proper amount of training that's prescribed in the rule book," he said. "But we've had a relationship, and it's been rendered of no value. I guess I take it a little personally."

"The desire of winning has outstripped the honour of sportsmanship," Rossi added.

American long-track speed skaters are also complaining of similar parsimony.

In the year leading up to the 2002 Winter Games, foreign skaters were given unlimited training access at the Utah Olympic Oval, said Marc Norman, facility operator at the venue in Salt Lake City.

He said it's "a little surprising" the Richmond Oval has only given foreign skaters two weeks to train.

"If that's the way it's got to be to gain a competitive advantage, that doesn't really seem all that great," Norman said.

VANOC CEO John Furlong said the organizing committee is playing by the rules and is simply ensuring our athletes benefit from home field advantage.

"Foreign athletes are getting fair access," he said, adding it's standard for the home country to have home field advantage.

No golds as host

- Canada has failed to win a gold medal at both Olympics on home soil — Montreal in 1976 and Calgary in 1988.

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Man charged after allegedly beating his cat

KRISTEN THOMPSON
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PHOTO COURTESY VPD

Vancouver police Const. Tyler Urquhart with Herman, the cat rescued by his fellow officers.

PETS A 63-year-old man has been charged with cruelty to animals after allegedly putting his cat in a plastic bag and beating it against the wall of a building.

Vancouver police Const. Jana McGuinness said officers were called to Carrall and Hastings streets on Sept. 18, after witnesses reported seeing a man strangling a cat.

When police arrived, they saw Harold Aubrey Borgal allegedly hurling a bag — in which his cat, Herman, was stuffed — against the wall.

"Fortunately, the officers were able to rescue Herman in time and he was taken to the SPCA for treatment of unspecified injuries," McGuinness said. "He is expected to recover."

Harold Aubrey Borgal was arrested and charged with cruelty to animals.

He appeared in court yesterday.

Plan to force homeless into shelters questioned

JEFF HODSON
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LEGISLATION The province is drafting legislation that would let police officers force homeless people into shelters during times of extreme weather, homeless advocates said yesterday.

The groups are cynical about the rush to push the legislation through before the Olympics and without consulting homeless service providers.

David Eby, executive director of the B.C. Civil Liberties Association, said the proposed legislation turns shelters into "functional jails" to hold homeless against their will.

"All of a sudden the Olympics come, and there is a huge rush to force homeless people into shelters, ostensibly because someone died last winter," Eby said.

Housing Minister Rich Coleman said the legislation was triggered by the death of a 47-year-old homeless woman in Vancouver last winter.

Eby added that it would increase the risk to homeless by making them "invisible" to outreach workers and the public who could call 911 if they are in trouble.

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B.C. Fire ReLeaf begins
A ceremonial tree planting in West Kelowna yesterday marked the launch of a campaign to replace urban and rural trees lost to this year's forest fires. B.C. Fire ReLeaf, a Tree Canada program, is supplying coupons to homeowners to purchase trees at a discount. METRO VANCOUVER

Flash mob shows support for climate change bill

STIG NIELSEN
for Metro Vancouver

A flash mob of about 50 people gathered in front of the Vancouver Art Gallery yesterday to show support for a bill that would fight climate change.

At 12:18 p.m., people held up their cellphones as their alarms went off — the time symbolizes the last day, Dec. 18, of an international climate summit being held in Copenhagen later on this year.

Participants then started calling members of the federal government to ask that bill C-311 be ratified.

Similar flash mob protests were held in 2,300 locations around the world.

Organizer Courtney Galy said the rally was a success.

"We flooded the phone lines and we got the message across," she said.

Darryl Luscombe said he believes the Canadian government needs to take action.

"I think the consequences of not acting on climate changes now is scary, it could affect our jobs and businesses."

Bill C-311

- Bill C-311 would commit Canada to lower national greenhouse gas emissions to 80 per cent below 1990 levels by the year 2050.

METRO VANCOUVER

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Residents to stay on Little Mountain site

DEVELOPMENT The people living at the Little Mountain subsidized housing development will be allowed to stay on-site as all 224 units are demolished.

Ten units are currently occupied, the rest are boarded up at Vancouver's oldest public housing development.

In a joint release, the Vancouver and B.C. governments said all units at the 15-acre site, next to Queen Elizabeth Park, will be replaced as part of a mixed-use development project.

The social housing component of the project will be built first.

Half of the proceeds from the sale and redevelopment of Little Mountain will be used to fund other social housing projects in and around Vancouver, the other half will go toward social housing elsewhere in B.C.

METRO VANCOUVER

News in brief

MURDER A 51-year-old man has been arrested in Montreal in connection to the 11-year-old murder of a Surrey truck driver. Gary Johnston is facing second-degree murder charges in the stabbing death of Victor Fraser on March 10, 1998.

TRIAL The long-awaited trial of a man accused of killing four people has been delayed until Oct. 13. Charles Kembo's trial was meant to start in Vancouver yesterday. He's facing four counts of first-degree murder in the deaths of his wife, stepdaughter, girlfriend and business partner.

GROW-OP Police have arrested four people after busting a grow-op in Langley. Officers found around 1,000 pot plants, some of which were as tall as 2.5 metres. A loaded firearm was also seized.

RIVER The body of a 27-year-old man has been pulled from a jeep that was found submerged in the Squamish River. Scott Moores, from Britannia Beach, was found on Sept. 19. It's unclear how the vehicle came to be in the river.

METRO NEWS SERVICES

JEFF HODSON/METRO VANCOUVER

Cultural Olympiad program director Robert Kerr at the Roundhouse in Yaletown yesterday.

70 acts added to arts festival

Country legend Steve Earle, Neil Young tribute in store

VANCOUVER 2010 Games

JEFF HODSON
jeff.hodson@metronews.ca

Legendary country-rocker Steve Earle headlines a list of 70 new acts added yesterday to the Cultural Olympiad, the arts and cultural festival that runs before and during the 2010 Winter Olympics.

Other acts announced include a tribute to Neil Young, which features Broken Social Scene and a troupe of 22 Ugandan dancers and musicians who have been orphaned by war or AIDS.

"Culture, just like sport and the environment, is a pillar of the Olympic movement," said John Furlong, VANOC's executive director. "Through culture, it's a way for the world to see us up close."

Robert Kerr, program director for the Cultural Olympiad, said it now features more than 125 projects representing 600 free and paid performances at 60 venues in the Lower Mainland and Sea-to-Sky corridor.

More acts will be announced as the Games approach.

Baby suffocates, dies after rolling between bed, wall

SURREY An eight-month-old baby has suffocated in Surrey after being laid down in a queen-sized bed and rolling between the mattress and the wall, police said yesterday.

Police were called to the home on Sunday evening and found the baby in cardiac arrest.

The child was pronounced dead at hospital.

"The Surrey RCMP wish to remind all parents and caregivers of small children to exercise caution when considering a child's sleeping arrangements," police said in a press release yesterday.

Charges are not expected.

METRO VANCOUVER

News in brief

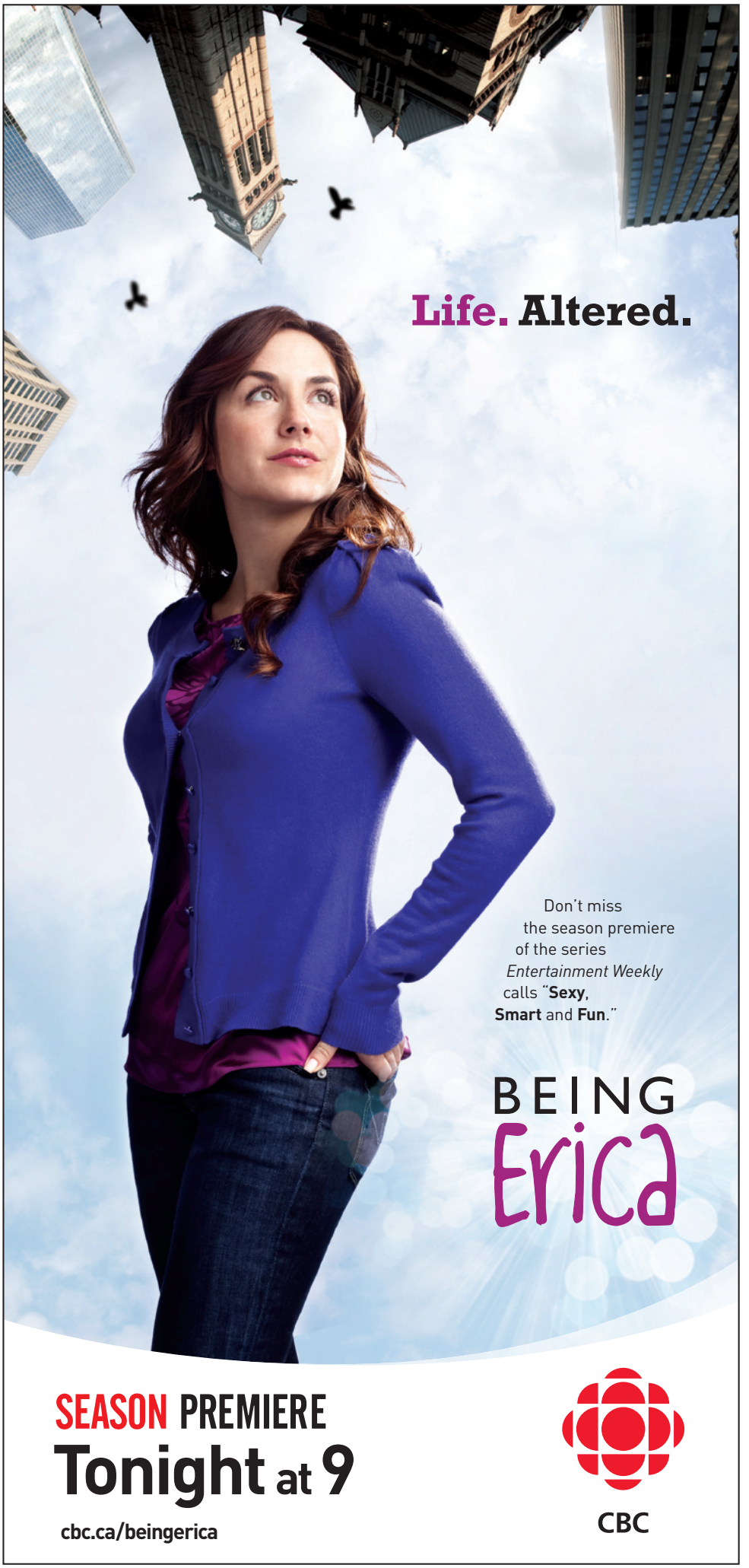
CAMBIE CORRIDOR The City of Vancouver is looking for input on the design of the Cambie corridor from 16th Avenue south to the Fraser River. The city has scheduled a number of open houses beginning tonight.

SWINE FLU Dr. Patricia Daly, the chief medical health officer with the Vancouver Coastal health authority, will present an update today to city council on the preparations for the H1N1 virus.

MONSTER A team of researchers specializing in cryptozoology — the study of monsters — is on Vancouver Island investigating claims of a strange creature in Cameron Lake. Members say they detected a massive object in the midst of a school of fish when they probed the depths of the lake with a fish finder.

STABBING A 28-year-old man is in stable condition in hospital after being stabbed in the abdomen. Police were called to an apartment on Burnaby Street on Sunday, where they found the victim holding a paper towel to his wound.

METRO NEWS SERVICES



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Cellphones used for climate change cause
Activists across Canada used their mobile phones yesterday to stage demonstrations to act on climate change, CBC News Online reports. METRO NEWS SERVICES

Canada

Stem cell research code set for public

Call to action headed by Canadian bioethicist

A made-in-Canada charter outlining the ethical principles of international stem cell research is being presented today at the World Stem Cell Summit in Baltimore.

The Stem Cell Charter is a collective call to action in support of stem cell research and a web-based, interactive document detailing how that science should be advanced, says lead author Bartha Knoppers, a bioethicist at McGill University in Montreal.

The charter, available in both English and French at stemcellcharter.org, lays out a code of conduct for stem cell researchers aimed at promoting science that is carried out in a responsible, ethical way while protecting people from harm and safeguarding the public trust.

"There have been a lot of spurious claims in this area, people doing the first of this or the first of that, and it not being true," said Knoppers.

For instance, some private clinics in China and other overseas countries say they can cure a number of diseases using stem cell injections, but there is no scientific evidence to back their claims.

"We'd like to keep it a credible science, we'd like to keep it a science that merits public investment and public funding," said Knoppers, adding that people need to know how to "distinguish the real science from the hyped-up private profiteering."

Signing on and adhering to the charter is one way of doing that, she said.

"It's a wake-up call to scientists to remind them that if they want to work in this field, they have to do so under a scientific code of conduct and it's to reassure the public that this is not the Wild West."

THE CANADIAN PRESS

"It's a wake-up call to scientists to remind them that if they want to work in this field, they have to do so under a scientific code of conduct."
Bartha Knoppers, bioethicist, McGill University in Montreal

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News in brief

DEATH A former Saskatchewan man who travelled to Honduras to adopt a baby boy he met while volunteering with a charity that fights AIDS in children has been killed by two masked gunmen in the Central American country. Dallas Martens was trying to protect his wife, Krissy, from a robbery attempt when he was shot over the weekend, according to a statement on the website of the Jayne Morgan Project.

VISA MEASURES The European Union's top justice official says he will push for retaliatory measures against Canada if it does not move to lift visa restrictions on Czech citizens by the end of the year. The EU's Justice and Home Affairs Commissioner Jacques Barrot says if nothing moves by the end of the year, he would recommend to EU countries to impose "some form of retaliatory measure."

ASSAULT An infant boy in Winnipeg remains in serious but stable condition after being hit in the head during what police believe was a domestic dispute.

THE CANADIAN PRESS

Ottawa **Shackled**

SEAN KILPATRICK/THE CANADIAN PRESS

Alleged terrorist associate Mohamed Harkat shows his GPS tracking bracelet in Ottawa yesterday. Harkat must continue to wear the bracelet despite approval of lighter bail conditions.

Tories pull promo shots
The website promoting the Conservatives' economic action plan removed more than 30 photos of Prime Minister Stephen Harper. THE CANADIAN PRESS

Chairman eyes abuse

Peer abuse at residential schools a major issue: Sinclair

The chairman of Canada's Truth and Reconciliation Commission looking into the violation of children at residential schools says student-on-student abuse is emerging as a major issue that must be addressed.

"It wasn't anticipated," Justice Murray Sinclair said yesterday in Winnipeg.

"It was always anticipated that the major focus of reconciliation would be between communities and the churches, between the aboriginal population and the churches and the and the government."

But the issue of students abusing their peers is a complex problem, not the least of which because many have to live near their abusers in small communities, he said. Some alleged abusers are elders, work for band councils, are community leaders or even family.

"They need to be able to get on with their lives," Sinclair said. "That means we have to address their needs in terms of reconciling themselves with the individuals who are still part of their lives."

THE CANADIAN PRESS

Toronto **Godly presence**

STEVE RUSSELL/TORSTAR NEWS SERVICE

The Art Gallery of Ontario in Toronto unveils a 26-foot statue of Anubis, the jackal-headed god of the underworld, to promote the opening of ticket sales for its new exhibit Tutankhamun, the Golden King and the Great Pharaohs.

Singer to speak on airline mishap

FLYERS' RIGHTS Halifax singer-songwriter Dave Carroll will be on Capitol Hill in Washington, D.C., today to tell a hearing on airline passenger rights how United Airlines scrunched his guitar and wouldn't compensate him. CBC News Online reports.

Carroll will speak at an airline passenger rights hearing looking into problems with how U.S. airlines treat the flying public. Organizers have been given permission to hold the hearing in a congressional room.

"It will look, smell and act like a real congressional hearing," said Kate Hanni, executive director of flyersrights.org. "This is the chance for many victims to speak."

Hanni said she founded her group after being stuck waiting in a plane for almost 10 hours.

METRO NEWS SERVICES

Climate change on agenda in N.Y.C.

HARPER'S VISIT If it's Tuesday, it must be climate change.

Prime Minister Stephen Harper kicks off a string of international meetings today that will address climate change, trade relations with New York, peace in Pakistan and recovery from the global financial crisis.

But before he can launch into one of his favourite topics, boasting to his G20 colleagues about Canada's strong banking system and comparatively moderate recession, he'll face scrutiny on his low-profile climate change stance.

The prime minister will be one of about 25 leaders invited by UN Secretary General Ban Ki-moon today to talk about the environment, in the hopes of finding common ground before countries meet in Copenhagen, Denmark, in December.

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Judge grants 60-day delay in 9-11 trial

A U.S. military judge agreed yesterday to another delay in the war crimes trial of five Guantanamo prisoners charged in the Sept. 11 attacks. The judge granted a U.S. government request for a 60-day continuance. THE ASSOCIATED PRESS

World

John A. Gotti back on trial

The fourth racketeering trial of John A. (Junior) Gotti began yesterday with the U.S. government portraying the Mafia heir as a maniacal killer and chronic criminal who has dodged prison by intimidating witnesses and obstructing justice. Three earlier racketeering trials of Gotti ended with deadlocked juries. For each trial, prosecutors reshaped the case with a common thread that Gotti followed his father, the late John Gotti, as the street boss of the Gambinos, one of New York City's five organized crime families. THE ASSOCIATED PRESS

Dozens killed in massacre

SUDAN Gunmen attacked a village in southern Sudan and killed some 80 people and wounded 46, said a southern government official yesterday, adding that he believed the militia was organized by the central government.

Maj. Gen. Kuol Diem Kuol, spokesman of the southern Sudanese military forces, said Lou Nuer tribesman attacked the village of Duk-Padiet in Jonglei state on Sunday killing around 80 people, including 61 civilians. The UN has warned about a rising wave of tribal violence in South Sudan that in the past months has killed more than 2,000 people.

THE ASSOCIATED PRESS

Zelaya defiantly returns home

Deposed President Manuel Zelaya made a dramatic return to Honduras' capital yesterday, taking shelter from arrest at Brazil's embassy and calling for negotiations with the leaders who forced him from the country at gunpoint.

The interim government ordered a 15-hour curfew, but thousands of Zelaya supporters ignored the decreed shutdown and remained outside the embassy, dancing and cheering. Others in the capital rushed home, lining up at bus stands and frantically looking for taxis.

The leftist leader's homecoming creates a sharp new challenge for the interim government that has threatened repeatedly to throw him in jail if he returns.

Chants of "Yes we could! Yes we could!" bellowed from the crowd outside the Brazilian Embassy.

Zelaya told The Associated Press that he was trying to establish contact with the interim government to start negotiations on a solution to the standoff that started when soldiers flew him out of the country June 28. THE ASSOCIATED PRESS

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Bahamas **Travolta extortion trial**

TIM AYLEN/THE ASSOCIATED PRESS

Former Bahamas senator Pleasant Bridgewater, centre, arrives at court yesterday. A jury was selected for a trial that could see John Travolta take the stand against Bridgewater, accused of trying to extort $25 million US from the movie star following his son's death in the country.

News in brief

ARREST A popular Cuban American Spanish-language actor has been charged with possessing child pornography. A police report says 45-year-old Adonis Losada was arrested Friday at his Miami Beach apartment. Investigators say they found a child pornography image Losada sent to a social networking website. Police say investigators then searched Losada's home and found 18 child porn images on his home computer.

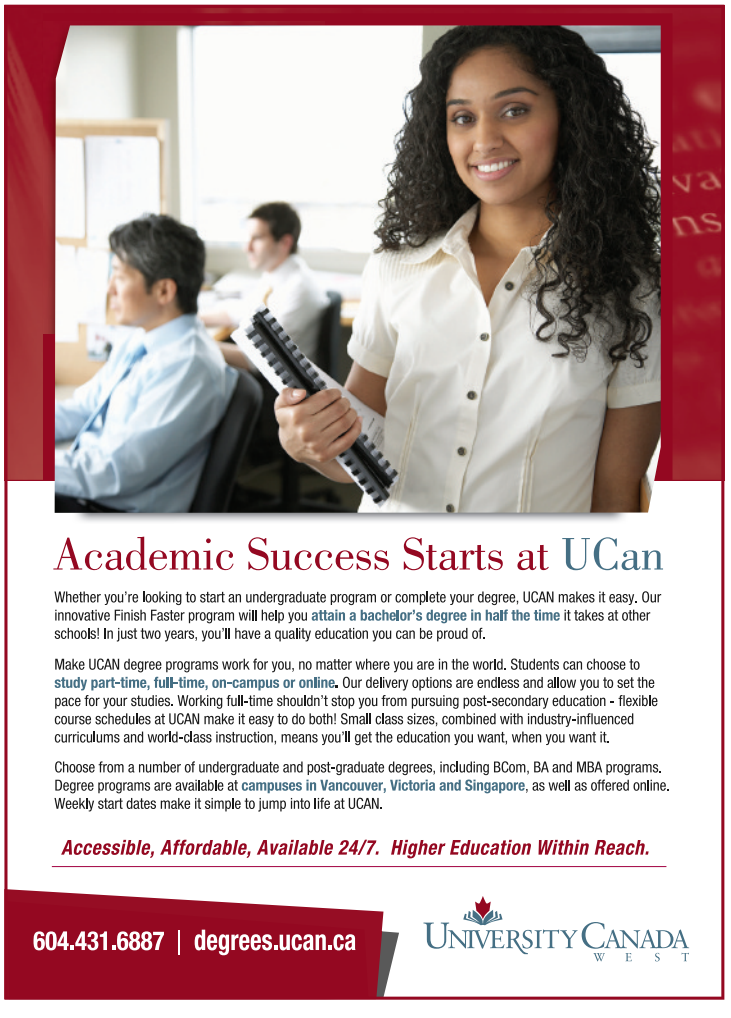
THE ASSOCIATED PRESS

Students told to prove residency or face expulsion

U.S./MEXICO Students living in northern Mexico have skirted residency requirements to attend U.S. public schools for generations, but when the superintendent in one Texas border town got word that about 400 school-age children were crossing the international bridge each day with backpacks but no student visas, he figured he had to do something.

Kelt Cooper of the San Felipe Del Rio Consolidated Independent School District directed officials to stake out the bridge and warn students they could face expulsion if they don't prove they live in the district — a move that's brought complaints from civil rights groups and support from anti-immigrant proponents.

THE ASSOCIATED PRESS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Town refuses peace gathering, allows gun rally
About 40 protesters, including some carrying guns, showed up at the Raymond, New Hampshire, town common Sunday after the town refused to allow a "yoga for peace" gathering in honour of the International Day of Peace. THE ASSOCIATED PRESS

Cardinal says civility in decline

A top Italian cardinal complained yesterday that civility was on the decline in Italy after a prominent Catholic editor was forced to resign after a newspaper loyal to Prime Minister Silvio Berlusconi exposed a scandal in his past.

Cardinal Angelo Bagnasco, the head of Italy's influential bishops' conference, denounced what he called a "grave" attack against the Dino Boffo, editor of the Italian bishops' daily newspaper Avvenire, by the Berlusconi family newspaper Il Giornale.

Earlier this month, Il Giornale reported that Boffo had been fined in a plea-bargain several years ago for making harassing calls to the wife of a man in whom he was purportedly interested.

Il Giornale published the article after Avvenire had demanded Berlusconi answer questions about his own sex scandal, including revelations that women had been paid to attend parties at his residences and that a high-class prostitute had once spent the night with him.

Berlusconi has denied paying anyone for sex and has denounced what he has called a media-driven smear campaign against him.

Boffo acknowledged being fined in the harassment case but said someone else had used his cellphone to make the calls. Prosecutors maintain Boffo made the calls, but have denied there was any gay angle to the case. THE ASSOCIATED PRESS

News in brief

ARREST A Haitian man detained in the Florida slaying of his wife and their five children said yesterday that he returned to his native Caribbean nation "to say goodbye to my family." Mesac Damas, who was captured yesterday morning in Port-au-Prince, said in an interview at the police station where he was being held that he had planned to surrender. "I was going to turn myself in," Damas said. THE ASSOCIATED PRESS

Summer **Hot now, hotter later?**

STAN HONDA/AFP/GETTY IMAGES/THE ASSOCIATED PRESS

A woman dangles her feet over the Charles River in Cambridge, Mass., on the last day of summer yesterday. A study finds that there is a 90 per cent likelihood that by 2080-2100, growing season temperatures will exceed even the most extreme temperatures in the last century for most of the tropics and subtropics, exposing the area's population to food insecurity.

U.S. may turn focus onto Pakistan, not Afghanistan

MILITARY The White House is considering expanding counterterror operations in Pakistan to refocus on eliminating al-Qaida instead of mounting a major military escalation in Afghanistan.

Two senior U.S. officials said yesterday that the renewed fight against the terrorist organization could lead to more missile attacks on Pakistan terrorist havens by unmanned U.S. spy planes. They spoke on condition of anonymity because no decisions have been made. THE ASSOCIATED PRESS

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Comment

Prime minister's socialist hookup

Everything was going the Conservatives' way. They were building a good lead in the polls. The recovering economy was working in Stephen Harper's favour. Michael Ignatieff had nothing in his department store window. His pushing for an unwanted election appeared to be backfiring.

But then, the big retreat. Harper looked at the flavourful prospects, turned and walked away. He caved to NDP demands on employment insurance to avoid going to the polls.

It's not in the prime minister's stern character to back off like that. The prime motivation, it appears, is he decided a majority was not in the offing. To survive he pretty much needs that majority and he wasn't about to take the risk of not getting it.

Harper didn't suffer for his decision. He could have been whacked for chickening out. He could have been mocked for relying on a coalition of sorts to avoid defeat in Parliament — this, having decried the whole idea of anyone aligning with socialists and separatists. But there's a lot of conservative media in this land. They gave him a pass.

Instead, it was the NDP that — weirdly — took the brunt of the criticism. The New Democrats had been pushing for a more generous EI system. They got the government to come their way. Canadians didn't want an election now. The NDP's acceptance of the PM's reforms avoided one. Good on both counts. But instead of receiving plaudits, the Dippers lost the spin game. Even though their polling is close to traditional levels, they were viewed as being desperate to avoid an election.

It's true the New Democrats had long mocked the Liberals for propping up the government and here was Jack Layton doing that very thing. But, unlike the Liberals, this was only one time. And EI reform was not a bad reason. The party had the image of being knee-jerk — of opposing everything the Conservatives did just for the sake of opposing them. This time they looked to be acting rather responsibly.

As for the Harper Conservatives, they have demonstrated a willingness to compromise and have likely assured themselves another six months in power. They could still be defeated on a confidence vote this fall, but it's less likely.

Harper is gambling that his support will increase in the months to come. He decided that if he had to change his stripes and be in league with socialists, so be it. It's politics. Shift happens.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

1Mtweets a revolutionary movement

We all recognize Canadian inventiveness in cool products like the BlackBerry and Lululemon gear. But yesterday was a watershed day in Canadian innovation with the launch of A Million Tweets to Remember, a movement that is revolutionizing the way social causes connect with online communities.

A Million Tweets to Remember — or 1Mtweets in the online world — seeks to digitally memorialize one million people who have lived with Alzheimer's disease. Built on Twitter, the 1Mtweets website allows family and friends to tweet about the Alzheimer's sufferer they are memorializing and to make a donation to research on the aging brain.

Tweeters can also create a multimedia web page — yes, called a twibute — for their loved one to expand the thoughts in their tweet through stories and pictures. One in three of us knows someone with Alzheimer's and through a twibute we can give our children a portrait of who they once were.

What's groundbreaking about A Million Tweets to Remember is that it unleashes the power of social networks for a philanthropic cause. Many of us have joined online communities through platforms like Facebook or classmates.com, and even more of us have contributed to charities. The 1Mtweets movement shows how these two aspects of our lives can be brought together.

Not surprisingly, then, Jordan Banks, the founder of A Million Tweets to Remember, is a star in both fields. He's the former managing director and second employee of eBay Canada, and now an angel investor in the Canadian high-tech scene, but he's also committed a significant amount of time to raising money and awareness for Alzheimer's research and care.

"I've seen four of my grandparents battle Alzheimer's and, in their honour, I want to do something monumental," says Banks. "The sense of community on Twitter is incredible, making it a great resource to raise awareness for Alzheimer's and memorialize those who have lived with this devastating disease."

A Million Tweets to Remember will be the largest movement to date on Twitter and will hopefully raise a lot of money for research on Alzheimer's. Most importantly, it will be the largest archive ever created of people with dementia.

Just last week, U.S.-based marketing guru Seth Godin commented on the power of online social communities and asked, "But where are the charities?"

Look north, Seth, look north to Canada. And check out 1Mtweets.com.

Dr. Becky Reuber is professor of strategic management at the Joseph L. Rotman School of Management, University of Toronto.

MICHAEL DE ADDER

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U.S. bill aims to help recession-hit
A bill proposed in the U.S. would extend unemployment benefits for people in states with high unemployment rates whose benefits will run out by end of September. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Italy **House arrest looms**

DONATO FASANO/THE ASSOCIATED PRESS

Italian businessman Giampaolo Tarantini is seen in a car as he leaves the Bari prison where he was detained yesterday. News reports said Tarantini, who was involved in Prime Minister Silvio Berlusconi's sex scandal, has been placed under house arrest in Rome as part of a drug probe.

Reichmann exits Canary Wharf Group

British media report that Canadian businessman Paul Reichmann has given up his stake in the London Docklands development, marking the end of his 22-year involvement with the site.

According to reports in several British newspapers Songbird Estates has announced that it has increased its shareholding in Canary Wharf Group to 69.3 per cent after acquiring an 8.45 per cent holding from Commerzbank for 112.5 million British pounds.

Reichmann, 78, was the brains behind the landmark development, a massive complex that covers more than 38 hectares, after brokering a deal with then prime minister Margaret Thatcher in 1987.

The project led his Toronto company, Olympia & York, one of the biggest real estate developers in the world, into bankruptcy in 1992. He fought back, reacquiring Canary Wharf from banks in 1995.

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Business in brief

REAL ESTATE The amount of empty office space across Canada continued to rise in the third quarter due to higher unemployment in white-collar industries and excess inventory in some cities, a new report shows. Vacancy rates for commercial real estate are expected to keep rising in 2010, CB Richard Ellis Ltd. said in the report. THE CANADIAN PRESS

Former Norbourg president pleads guilty to 200 criminal charges

MONTREAL After spending years steadfastly proclaiming his innocence, accused trust-fund scammer Vincent Lacroix shocked a courtroom yesterday by pleading guilty to 200 fraud-related charges.

The former head of Norbourg Inc. entered the pleas in Quebec Superior Court and immediately was sent to prison.

He apparently came to court prepared. He was toting a gym bag and wearing running shoes and a casual sweater.

Sentencing arguments will be heard Friday. Jury selection will continue for the five other co-accused in the case.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Can you afford to buy a home?

AlisonOnMoney

Fall is often a great time to shop for a home. New home and condo builders are anxious to clear inventory and other sellers don't want to hit the winter real estate doldrums. With the recession entering into history, you might be thinking now's the time to strike.

Usually, I recommend doing window shopping before making major purchases. Not with home buying. There's way too much emotion compounded by real estate agents who are skilled at instilling a sense of urgency. The minute you start looking, you'll want to start buying

Instead, start a house hunt with a Can I Afford My Home budget. If you have mortgage pre-approval you know the interest rate and can work out payments. Don't forget the land transfer tax. Go to realtor.ca and use the mortgage and tax calculators for properties in your price range. Add legal costs and insurance if you have a high ratio mortgage.

You have your expected mortgage payment — next, move on to your monthly housing nut. This includes condo fees, parking, property tax and insurance. A call to your current agent can get you a rough insurance figure and a search of MLS listings in the area will do the same for taxes. Estimate utilities. You should also count on spending on maintenance, repairs and decorating.

Now you have your monthly figure — ask yourself, can I afford it? If yes, go home shopping. If no, adjust your price point.

Alison's Money Rule:

- Don't even think of making an offer on a house or condo until you've completed a Can I Afford My Home budget.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

MoneyMatters

Guidelines a must for home caregivers

Q Three months ago, my widowed father hired a caregiver. I was looking over his bank statement and noticed several withdrawals that he was unable to explain. The caregiver helps him sign cheques and has access to his bank PIN. What can I do?

— Terry

A Good caregivers do become very close to their charges. They take over roles that were previously performed by family members. But there must be guidelines and controls to protect and benefit both parties.

The caregiver should not be given responsibilities beyond what she was hired. It is not fair for her to take on tasks where her character and integrity may be in question.

Power of attorney to access bank accounts should be restricted to the bank holder or a family member. Unauthorized individuals should not use bank cards and PINs. Family members must take a more active role. Great as they may be, "caregivers do not a family make."

To avoid penalties by Canada Revenue Agency, caregivers should be on the payroll and file remittances and T4s should be issued.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

On the web

Investing:
Allan Small discusses when to take profits on your investments, what to look at before you do it and when to do it. Visit metronews.ca/investing.

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Direct investing can help you lower your cost of investing.

Take control of your money

RAFAEL BRUSILOW
for Metro Canada

The rewards of good investments are well-known, but if the mandatory costs of investing feel daunting, it could be time to cut out the middleman and take command of your own money.

If you like taking the reins of your own investments and like seeing as little of your hard-earned money go to waste as possible, direct investing online can help you lower your cost of investing substantially while letting you build your success one trade at a time.

"There are substantial savings for investors who are willing to do their own research and make their own decisions."
Jason Storsley, CEO of RBC Direct Investing

Jason Storsley, president and CEO of RBC Direct Investing, says buying and selling stocks and other investments yourself is easier than ever because online brokerage tools have become more sophisticated and accessible.

"The development of the Internet has certainly shaped the way consumers get information, and there are more ways than ever to get started and succeed.

"It has never been easier to become a direct investor," Storsley said.

High-priced commission fees may have kept some people away from the prospect of direct investing in the past, but fees have dropped off about 47 per cent since 2005.

Direct investors who trade frequently with RBC can even achieve rates as low as $6.95 or $9.95 per month — a huge savings over RBC's standard commission fees of $28.95 per month.

"There are substantial savings for investors who are willing to do their own research and make their own decisions," Storsley said.

"The lower fees can have a great impact on the bottom line and it adds up over time for sure," he added.

The sheer wealth of online investment research tools available, from price performance trackers to professional investment comparison tools, can give you a more informed and impartial view at the big investment picture — as long as you are willing to study the numbers yourself.

"With an adviser, you will get that adviser's view," Storsley said. "With the online site, you'll get to take a look at everything available and perhaps make a more informed decision."

For investors who dabble in mutual funds and want to keep their portfolios filled while they save, RBC offers a special line of Series D funds, which feature management expense ratios (MERs) frequently rated at half or better than the industry average. They also incur no service charges, no transaction fees and no load — that means lower investment fees for the same investment dollar, a great offering that Storsley expects will strike a chord with seasoned investors.

"We've seen a huge erosion of wealth and investors have become more conscious of it," Storsley said.

"They're looking for less expensive ways to get the same options they would have in the past."

For first-time investors or those who don't feel quite ready to re-invest just yet, an RBC practice account can be an ideal way to test-drive your investment ideas and ambitions without having to worry about making mistakes. Opening a practice account is completely free and gives you $100,000 in practice money to invest however you'd like, while using all the exact same tools, resources and calculations as a real-money account.

"It's a great way to experience real investing without having to risk real money, and it can really help you build confidence. It gives you a risk-free environment to test your investment strategies," Storsley said.

What's the cost?

The cost of investing is a huge factor in making your investment decisions and direct investment options at RBC can help take substantial cost out of the equation.

- **Low per-trade direct investment fees:** Make 30 or more trades each quarter to score a $9.95 per-trade commission rate with an RBC Direct Investing account. Make 150 or more trades in the same period to garner an even more frugal $6.95 rate per trade — the more you trade, the more you save.
- **Half-sized fees for full-sized returns:** RBC Series D mutual fund options for direct investors let you invest under a fee structure that averages half the industry standard with no load, service or transaction fees added, meaning your money works for you with less going to waste.
- **Practice makes perfect:** A practice account at RBC lets you test the waters and build confidence in your investment ideas without having to risk a single cent, all while using all the same sophisticated tools you'd use to make a real investment.

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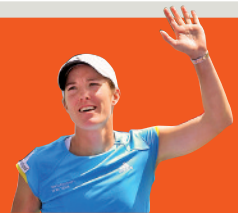
Favre will play
Brett Favre's streak is not in danger: He has a bent fingernail. Favre's throwing hand was clearly hurting after his last throw for Minnesota in Sunday's win over Detroit. Favre has started 271 straight regular season games, believed to be an NFL record. THE ASSOCIATED PRESS

Sports



Henin to come back?

Former top-ranked player Justine Henin, left, will announce her comeback to competitive tennis today according to two top Belgian newspapers. Her spokeswoman did not return phone calls and Henin's own website had no comment on the rumours. Last year, Henin shocked the tennis world by announcing her retirement while still ranked No. 1. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Canucks douse Flames in shootout

NHL RESULT
Calgary 4 **Vancouver** 5 (SO)

AT

PRE-SEASON Daniel Sedin scored two goals in regulation and the shootout winner as the Vancouver Canucks edged the Calgary Flames 5-4 in NHL pre-season action last night.

The Canucks improved their exhibition record to a perfect 5-0 while the Flames dropped to 2-3.

Sedin's second goal with only 0.2 seconds left in the third period forced overtime and the shootout. His shootout winner came after Canucks rookie Cody Hodgson and Calgary's Nigel Dawes had exchanged goals in the opening round.

Kyle Wellwood, on a penalty shot, and Mason Raymond also scored for the Canucks. Curtis Glencross, Jamie Lundmark, Jay Bouwmeester and Olli Jokinen replied for the Flames.

THE CANADIAN PRESS

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Learn how to scan the barcode with the instructions at the top of pg 3

Printers back with B.C.

Thin at quarterback, Lions sign former league MVP to practice roster

The B.C. Lions have given quarterback Casey Printers a chance to resurrect his football career where he enjoyed his most success, but also where questions were raised about his character.

Printers, the former CFL most outstanding player, agreed to a practice roster deal with the Lions yesterday. He will be given a chance to show he still has the talent to be one of the league's most exciting players.

"Hopefully it will be a fun time again," Printers, 28, said during a telephone conference call. "All I am going to do is come in and be one of the guys (and) work my tail off to prove again I belong."

Printers threw for over 5,000 yards, 35 touchdowns and just 10 interceptions during his 2004 MVP season. He also ran for 489 yards and nine touchdowns.

Since then, his image has been tarnished by a couple mediocre seasons with the Hamilton Tiger-Cats following a failed NFL attempt.

Off the field, Printers sometimes comes across as arrogant. He has been criticized for being self-serving and unwilling to accept responsibility for his own mistakes.

"I was a young man when I was here the first time in B.C.," he said. "I've gone through a lot of things since. I've seen a lot, been around a lot, hurt a lot.

"I have certainly grown from it. It was a great fit the last time. Hopefully I'll be a good fit this time. I will just work hard at it this time and the team will take precedent over everything."

Wally Buono, the Lions coach and general manager, signed Printers as insurance for the final weeks of the season.

"We want to make sure we are in the best position as far as depth," Buono said after practice.

The Lions, currently last in the West with a 5-6 record, are thin at quarterbacks with CFL experience.

Buck Pierce has suffered two concussions this season, and five in the last 11 months. He also was left with sore ribs after Saturday night's win over the Toronto Argonauts.

Jarious Jackson is out at least a month with an injured rotator cuff in his throwing shoulder. CFL rookie Travis Lulay has completed eight-of-11 passes for 109 yards this season.

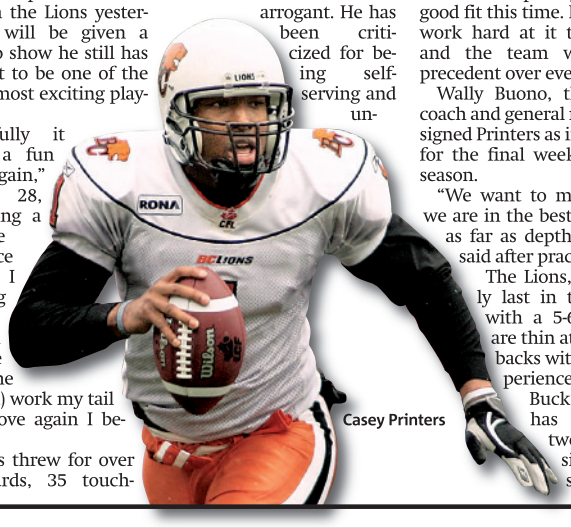
Buono didn't want to speculate on when Printers could dress, or even if he will play this season.

"I don't want to make any speculation on what will occur or what won't occur," he said. "The big thing right now for both Casey and for us, is to gather more information."

Buono dismissed suggestions Printers could be a distraction for a team battling to make the playoffs.

"We all grow up," he said. "We all learn through our experiences. The thing I have always lived by, is what is in the past, stays there. You start today fresh."

THE CANADIAN PRESS



Casey Printers

Canadian GP to return for 2010

RACING FIA yesterday ratified its calendar for the 2010 season and reinstated the Canadian Grand Prix, provided contract negotiations with Formula One management and Montreal organizers are completed.

The Canadian Grand Prix had been held in Montreal annually since 1978 before being dropped this season.

There will be 19 races in 2010. The season will start with the Bahrain GP on March 14, FIA said in a statement.

If FIA and the Canadian organizers fail to reach a deal, the Turkish Grand Prix, which is scheduled for May 30, will be moved to June 6.

The Canadian Grand Prix is scheduled for June 13.

THE ASSOCIATED PRESS

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Sports in brief

SUSPENDED Renault escaped severe punishment yesterday for ordering former driver Nelson Piquet Jr. to deliberately crash, receiving only a suspended two-year ban from Formula One's governing body. Flavio Briatore, who quit as team principal last week, was banned indefinitely. Engineering director Pat Symonds was banned for five years. Piquet was ordered to crash at last year's Singapore Grand Prix to help teammate Fernando Alonso win.

BASEBALL The Houston Astros fired manager Cecil Cooper yesterday. The Astros are 70-79 and have lost seven straight games. Third-base coach Dave Clark will take over as interim manager.

NFL Coach Mike Singletary has all but acknowledged the 49ers have filed tampering charges against the New York Jets regarding top San Francisco draft pick Michael Crabtree. The 22-year-old Crabtree, selected No. 10 overall by the Niners in April's draft, is the last draft pick not signed. The wide receiver is seeking money comparable to higher picks and hasn't accepted the 49ers' offer for approximately five years and $20 million US, with a reported $16 million guaranteed. The Jets declined comment.

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Nadal pulls out of Thailand Open

Top-seeded Rafael Nadal has pulled out of the Thailand Open due to an abdominal injury that his doctor said will require at least two weeks of rest. The tournament runs from Sept. 26-Oct. 4. THE ASSOCIATED PRESS

Sports in brief

SEAHAWKS Seattle coach Jim Mora confirmed yesterday that quarterback Matt Hasselbeck has a fractured rib. The coach also says that the Seahawks have to prepare as though they won't have Hasselbeck for Sunday's game against the Bears. Backup Seneca Wallace would play if Seattle's three-time Pro Bowl quarterback can't go.

BASEBALL Cuban pitcher Aroldis Chapman, who defected in July, has established provisional residency in Andorra. He has sent his residency materials to Major League Baseball so he can be declared a free agent, the statement said. THE ASSOCIATED PRESS

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DOUG BENC/GETTY IMAGES

Miami running back Ronnie Brown runs away from Indianapolis defenders Keyunta Dawson, left, and Tyjuan Hagler last night in Miami.

Colts down Dolphins

NFL RESULT

Indianapolis 27 Miami 23

AT

While the Miami Dolphins' celebrities were making a Hollywood-style grand entrance, Peyton Manning slipped in a side door.

Manning threw two touchdown passes to take some sheen off the Dolphins' glitzy makeover under new owner Stephen Ross, and the Indianapolis Colts came from behind four times to win 27-23 last night.

The Dolphins rolled out an orange carpet for the pre-game arrival of Ross' celebrity partners, but Manning stole the show with touchdown passes of 80 yards to Dallas Clark and 48 yards to Pierre Garcon. The first came on the first play from scrimmage, the latter with 3:18 left for the game's final points. THE ASSOCIATED PRESS

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A Paris-inspired pout
Capture the romance of Paris with Quo's new limited edition Eiffel Tower Lipstick ($15). It is a lip gloss and liner in one (the liner is concealed in the cap). It is available in six shades. Available at Shopper's Drug Mart. METRO NEWS SERVICES

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Honey, they shrank my stomach!

Writer saw natural shift in eating habits after gastric bypass

CELIA MILNE
For Metro Canada

Gastric bypass surgery changed Steve Veale's life.

Last spring he was a morbidly obese guy with a limp and terrible eating habits. Now he's a regular-weight man who rides his bike a lot and craves fruit salad.

Veale has lost 63 pounds in four months. Because surgeons sealed off part of his stomach, he can only eat a tiny portion of the rich foods he used to consume. But what amazes him — and still puzzles scientists — is that he doesn't want to.

"Your tastes change," he told Metro. "It's weird. You can eat whatever you want, but what you like has changed overnight. Gimme watermelon!"

Veale's surgery, which was done last May, is called Roux-en-Y gastric bypass. It involves stapling off most of the stomach and leaving a small pouch, about the size of a golf ball. The new pouch is attached to the small intestine, where food is processed. Vitamins and minerals are not as well absorbed into the body after this, so people who have the surgery must be willing to drink protein shakes, swallow countless supplements and eat very healthy food.

To follow Steve Veale's blog, go to metronews.ca /blogs

"It is very effective. Almost everyone loses weight," says Dr. Mehran Anvari, director of the bariatric surgical program at St. Joseph's and professor of surgery at McMaster University in Hamilton, Ont.

About 70 per cent of people maintain more than half of their weight loss over five years, he says.

How much food and what types of food the new pouch can handle is a matter of "trial and error," says Veale. Chinese food, for instance, comes right back up again.

Veale, who is a 59-year-old travel writer, was a candidate for the surgery because at five-foot-10 and weighing 294 pounds, his BMI was 42.4. Plus he had a bum knee.

Veale's surgery was paid for by the Ontario Health Insurance Plan (OHIP) but done in Warren, Mich. Some Canadian provinces are ramping up their facilities to do gastric bypass surgery.

Quebec and Alberta also have programs.

GEORGE SHEWCHUK PHOTO

Steve Veale, a 59-year-old travel writer from Toronto, lost 63 pounds following Roux-en-Y gastric bypass surgery last May. He says his taste buds now have him craving healthier foods.

Separate beds could be good for your relationship

The J Spot
Josey Vogels
metronews.ca/thejspot

Beyonce and hubby Jay-Z made it trendy when it was rumoured that they sleep separately, even going so far as to rent separate hotel rooms when they travel together.

But now, it's scientific fact. Sleeping together may actually be bad for your health.

Sleep specialist Dr. Neil Stanley, head of one of Britain's leading sleep labs, recently told the British Science Festival that while couples believed they slept better with their partner, evidence has proved that couples suffer 50 per cent more sleep disturbances if they share a bed.

The resulting lousy night's sleep can be linked to everything from depression to heart disease, strokes, traffic and industrial accidents and even divorce.

Of course, this news goes against conventional wisdom. As a culture, we believe that separately is a sign of trouble in paradise that leads to marital doom.

But Stanley, who sleeps separately from his wife, says that historically, couples sharing a bed wasn't even common until the industrial revolution, when people moved to overcrowded towns and cities and living space was limited.

ISTOCK PHOTO

Recent evidence shows that couples suffer 50 per cent more sleep disturbances if they share a bed.

In ancient Rome, for example, the marital bed was for one thing, and that wasn't sleeping.

I've long believed that sleeping apart — even having separate bedrooms — can actually be good for a relationship. Not only do you get a decent night's sleep, but you get your own space when you need it, and you can relish in the excitement of sneaking into each other's room just like when you were just dating and your parents made you sleep in separate bedrooms when you stayed with them. Besides, nothing builds resentment more than watching your partner sleep blissfully beside you while you toss and turn beside them.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Go ahead: Be a little naughty

BEHAVIOUR Go ahead. Do something spontaneous and different! Misbehaving, especially if you never do it, is good for your health, according to Psychology Today magazine. Most of us are afraid to step outside our regular routine and suddenly fly to Mexico on a dare or call in sick and play pool all day. But occasionally breaking the rules or doing something unusual — as long as it is not harmful — helps us to become more creative, successful and happy.

CELIA MILNE/
FOR METRO CANADA

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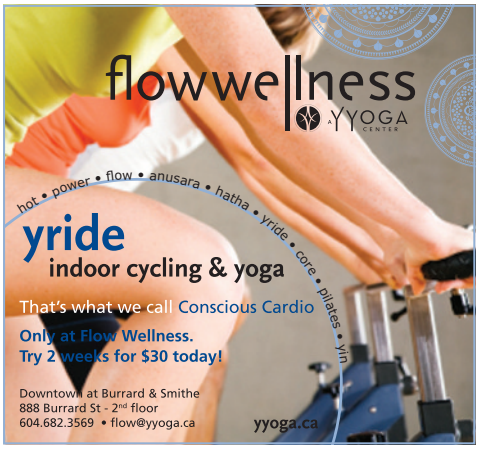
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It's important ... but I don't do it

Having a healthy diet is "very important" to a majority of Canadians — 85 per cent to be exact, according to Bensimon Byrne's latest Consumerology Report. Almost a third of Canadians who think a healthy diet is very important don't believe that they have a healthy diet. METRO NEWS SERVICES

Food

The endearing movie Julie & Julia has sparked interest in the amazing culinary prowess of Julia Child, the doyenne of French classical cooking, since its release this summer. THE CANADIAN PRESS

Dirty apron

Chef David Robertson now offers classes based on her cookbook, Mastering The Art of French Cooking, at The Dirty Apron Cooking School, located in Vancouver.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Breakfast for success

We all know that breakfast is the most important meal of the day. Unfortunately, more than half of us skip it due to a variety of reasons.

All of us, and especially children of school age, need to eat healthy, balanced diets to give them the energy and brain power to get through their days. However that doesn't often happen.

Having raised four children, I know that nutritious meals are key to healthy and energetic children, so this year I have become the new spokesperson for the national "Breakfast for Learning" foundation, an organization that focuses on educating children on nutrition in our schools.

Here are some breakfast recipes to get you started:

BRIAN MACDONALD

Rose's Whole Wheat Nut'n'Fruit Granola

Rose's Whole Wheat Nut 'n' Fruit Granola

You'll never want to eat packaged granola again after you try this. This is the No. 1 breakfast food in my catering company. It also has fewer calories and less fat than other granolas due to a smaller amount of oil and the use of apple juice and maple syrup. Serve with yogurt or milk.

PREP TIME: 15 MINUTES
COOK TIME: 35 MINUTES
MAKES 4 CUPS

INGREDIENTS:

- 2 cups large rolled oats
- 1/2 cup whole wheat flour
- 1/2 cup packed brown sugar
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 3 tbsp vegetable oil
- 1/4 cup apple juice
- 3 tbsp maple syrup
- 1/2 cup chopped nuts of your choice
- 1/4 cup chopped dried apricots
- 1/4 cup chopped dried cranberries

METHOD:

Preheat the oven to 300°F. Line a baking sheet with foil and spray with vegetable oil.

Combine the oats, flour, brown sugar, cinnamon, ginger, oil, apple juice, maple syrup and nuts in a large mixing bowl and stir to combine.

Spread the mixture out on the prepared baking sheet and bake for 35 minutes, tossing once to prevent burning.

Remove the granola from the oven and let it cool to room temperature. Add the dried fruit and stir. Store in an airtight container.

RYAN SZULC

Frittata with Baby Spinach, Caramelized Onions and Cheddar

Frittata with Baby Spinach, Caramelized Onions and Aged Cheddar

A frittata is an open-faced omelette with a variety of toppings. This version mixes some sweet flavourings from the caramelized onions with a savoury taste from the spinach and aged cheddar.

PREP TIME: 10 MINUTES
COOK TIME: 9 MINUTES
SERVES 2

INGREDIENTS:

- 1 tsp vegetable oil
- 1/2 cup diced onions
- 1/2 tsp crushed fresh garlic
- 1/2 tsp brown sugar
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- salt and pepper
- 1/2 cup baby spinach
- 1/3 cup shredded aged cheddar cheese

METHOD:

Spray a small nonstick skillet with vegetable oil. Add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes, or until the onion is soft and lightly browned. Add the brown sugar and sauté on low heat for three minutes. Remove from the heat and set aside.

Whisk together the egg substitute, egg whites and milk, and season with salt and pepper. Add the onion mixture.

Spray a 9-inch skillet with vegetable oil, add the egg mixture and cook over medium-low heat for 4 minutes, or until nearly set. Add the spinach and cheddar cheese, cover and cook until the frittata is set, about 2 minutes. Slip the frittata onto a serving platter with a spatula. Cut into wedges and serve immediately.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Trendy tippling

Even though I know the booze business is a trend-driven machine, I'm still surprised at how many "next big thing" wine brands just come and go.

You'd think that after taking the world by storm a few more (Australia's [yellow tail] excluded) would establish themselves in the hearts and mouths of consumers.

That's what makes the arrival of Familia Zuccardi's Fuzion wines so exciting. Already a hit from Central Canada westward; the pair of Argentine cheapies arrive in the Maritimes this week, completing the race for national domination in less than a year. (A very good sign that they're going to be around for awhile).

While I wouldn't write an essay about either; their soft, chug-a-lugable balance of fruit charmed the taste buds off me when I tried them with the winery's head honcho José Alberto Zuccardi in the spring.

José told me that his aim is to keep the surprisingly dark berry fruit flavour of the **2008 Fuzion Shiraz Malbec ($7.45 - $9.99)** and the plush, citrusy complexity of the **2008 Fuzion Chenin Torrontes ($7.45 - $9.99)** consistent vintage to vintage (another great longevity strategy) which makes both wines worthy of being added to your roster of every day drinkers.

Prices reflect the range nationwide. Products may not be available everywhere.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Gibbard, Deschanel married
Five hundred days of summer – plus one day of marriage. Zooey Deschanel, 29, and Death Cab for Cutie singer Ben Gibbard, 33, tied the knot Saturday night near Seattle, her rep says. PEOPLE.COM

Entertainment

The Lioness
Amy Winehouse has created her own record label to launch her goddaughter's career. Dionne Bromfield, 13, is set to release her first album next month on Amy's Lioness Records. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Dancing with Fame

Remake appeals to younger audience, says Kherington Payne

CHRIS ALEXANDER
for Metro Canada

Back in 1980, when maverick U.K. filmmaker Alan Parker released his immensely popular, generation defining musical drama Fame, times were considerably different.

The movie examined the lives of a select group of young aspiring performers at New York City's High School for the Performing Arts, giving people an intimate — often off color — but always honest portrait of the dreams and passions of youth.

Next week sees the release of the glossy, state of the art remake of Fame, a film that is being billed as a "re-imagining" of the source. And while this Fame still touches on the same themes and high energy performances, the novelty may have worn off a bit, especially in this age of reality TV equivalents American Idol and more resonantly, So You Think You Can Dance, a program that co-star Kherington Payne is more than a little bit familiar with.

Fame opens in theatres this Friday

"I think we had to take a different approach than the original did," Payne, who herself was a Top 10 finalist and fan favourite on So You Think You Can Dance last year, says.

"The world of the performing arts isn't as secret as it was when the first film was released. Things have changed so our Fame is a fresh perspective."

One of the major differences between the two versions is the target audience. The original picture was rated R due to the level of frank language and sexuality, the new version opts for a lighter approach.

"This is a PG all the way," says Payne.

"The movie is designed for families, to inspire kids of all ages and just be entertaining without offending anyone."

Movie **feature**

In Fame, Payne was chosen from a staggering array of hopefuls to play the beautiful, leggy dancer, Alice. But her presence, good looks and most importantly, her impossibly accomplished skills as a dancer shone through. When she was voted off So You Think You Can dance, it was a shock, both for audiences who believed she'd go all the way and for Payne herself. But, despite her public heartbreak, she rebounded spectacularly and regrets nothing.

GETTY IMAGES

Kherington Payne stars in the remake of Fame, opening Friday.

"Rejection hurts, I won't lie," says the newly minted actress.

"But you can't let it get you down. Really, it thickened my skin and without it, I wouldn't be where I am now."

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Blunt takes on downloading

Singer James Blunt is no fan of pirates. Not the swash-buckling brand — the piracy on Blunt's bad side involves illegal downloads. The singer has backed Lily Allen's push to create legislation that will eradicate the practice. METRO NEWS SERVICES

Atwood, Michaels make Giller long list

BOOKS Margaret Atwood and Anne Michaels headline a Scotiabank Giller Prize long list that boasts 10 female writers and just two men.

Margaret Atwood

Atwood is in the running for The Year of the Flood, about the near demise of humanity, while Michaels is up for The Winter Vault, her first novel since 1996's acclaimed Fugitive Pieces.

The short list will be announced Oct. 6 while the winner is to be unveiled Nov. 10. The Giller Prize is worth $50,000.

The men on the list are CBC journalist Linden MacIntyre for his novel about religious scandal, entitled The Bishop's Man, and Colin McAdam for his novel Fall.

This year's jury is made up of short-story writer Russell Banks, British author Victoria Glendinning and Canadian writer Alistair MacLeod.

Other nominees:

- Martha Baillie for her novel The Incident Report (Pedlar Press)
- Kim Echlin for her novel The Disappeared (Hamish Hamilton Canada)
- Claire Holden Rothman for her novel The Heart Specialist (Cormorant Books)
- Paulette Jiles for her novel The Colour of Lightning (HarperCollins Publishers)
- Jeanette Lynes for her novel The Factory Voice (Coteau Books)
- Annabel Lyon for her novel The Golden Mean (Random House Canada)
- Shani Mootoo for her novel Valmiki's Daughter (House of Anansi Press)
- Kate Pullinger for The Mistress of Nothing (McArthur & Company)

THE CANADIAN PRESS

For complete contest details go to http://www.sonymusic.ca/pitbull/hmv/rules

F--ked Up take Polaris Prize

Toronto hardcore act wins $20,000

BRYAN BORZYKOWSKI
for Metro Canada

The Polaris Music Prize might not be the most well-known music award in Canada, but for Toronto hardcore band F--ked Up, it's the only one that matters.

Toronto hardcore act F--ked Up won the Polaris Prize, awarded last night.

The six-piece, which released The Chemistry of Common Life last October, won the fourth annual prize at a gala event last night. Besides the album being crowned the best disc of 2008-09, the group takes home a $20,000 cheque.

While the money helps, it's the international acclaim that comes with the award that's the real prize. Unlike the Junos, the nominees for the annual prize are mostly under-the-radar acts — nominees such as Hey Rosetta!, Malajube and Chad VanGaalen aren't selling thousands of records — so increased attention is a major career boost for these musicians.

Last night, the award was handed out for the fourth time at a glitzy gala hosted by CBC Radio 3's Grant Lawrence and MuchMusic's Sarah Taylor. And while there was only one winner, it was still a successful night for all of the 10 nominated acts.

That's because the gala, which was broadcast live on Sirius Satellite Radio and muchmusic.com, included performances from the 10 artists.

Each act ran through two songs, and while they were all engaging, standouts included an acoustic version of Metric's Help, I'm Alive Off Fantasies, Great Lake Swimmers' sweet folk tune Still, and Joel Plaskett's haunting rendition of Heartless, Heartless, Heartless.

Besides the aforementioned acts, other nominees included Toronto folk group Elliott Brood, Somali-born rapper K'Naan and 2007 Polaris winner Patrick Watson.

This is actually the first time in the prize's history that past nominees — like K'Naan, Malajube and Metric — have been up for the award again.

Helen Spitzer, one of the 182 Canadian journalists who cast a vote in July to determine the long and short lists (11 of the jury members picked the winner), says having repeat artists is both a plus and a negative for the award.

"It says that jurors across the country need to be digging a little deeper and getting outside of their comfort zone as far as the music they listen too goes," she said. "But at the same time, I think both the Metric and Patrick Watson records are significantly better than previously nominated albums."

As always, the competition was fierce. Joel Plaskett's album might be the most ambitious record — he wrote 27 songs, mostly about life on the road and coming home — but Metric's solid new wave effort, their best since 2003's Old World Underground, and K'Naan's cross-genre hip-hop release are packed with stellar songs from front to back.

No one would argue that every artist deserves the cheque, but F--ked Up's pop-meets-hardcore disc was one of the most refreshing and original albums of the year — so it's no surprise they took the prize.

Polaris winners

- 2006 — Final Fantasy, He Poos Clouds
- 2007 — Patrick Watson, Close to Paradise
- 2008 — Caribou, Andorra
- 2009 — F--ked Up, The Chemistry of Common Life

Uncle Jack returning to Gossip Girl
Jack Bass, the devious uncle of Gossip Girl's Chuck (Ed Westwick), is set to return to the show later this season, TVGuide.com has learned exclusively. "I will be back this year," says Desmond Harrington, who plays the character. TVGUIDE.COM

DVD picks

Ghosts of Girlfriends Past
Director: Mark Waters

MATTHEW MCCONAUGHEY is a cad and a bounder in this update of Charles Dickens' A Christmas Carol, and here's where things gets interesting.

He deliberately curdles his cuteness, a risky thing for an actor who depends on it. His loathsome Connor Mead uses his good looks to attract, use and then discard women.

He's jousting with Jennifer Garner and bantering with Michael Douglas, but he's ripe for comeuppance, and he's about to get it the way Ebenezer Scrooge did.

The ending is never in doubt, yet even knowing all this, Ghosts is a pleasure to watch. No recent romcom has had such wicked fun with formula, and a lot of this is due to the script by Jon Lucas and Scott Moore, who also co-scripted The Hangover. For director Mark Waters, it's a return to Mean Girls sharpness.

Most of all it's a roll of the dice for McConaughey, who risks losing his audience by playing a character who is so hard to like.

There are no special features.

Observe and Report
Director: Jody Hill

A SICK AND UNFUNNY fantasy about a loathsome mall cop named Ronnie Barnhardt, played against type by the usually adorable Seth Rogen, whose oversized ego is the inverse of his crew-cut-covered pea brain.

Consumed by rage and feelings of inadequacy — he lives at home with his drunken mom (Celia Weston) — the tightly wound Ronnie treats his suburban Forest Ridge Mall as a battlefield. Barnhardt advocates using guns, Tasers and billy clubs to settle any dispute, big or small.

It begs credulity to think a man this unhinged would be allowed in a civilized society to get away with the sociopathic acts Ronnie commits — which include date rape, scores of brutal beatings (police officers included) and possibly even a few killings (he brags of six).

Writer/director Jody Hill (The Foot Fist Way) evidently intends his film to be satirical. But satire, even the absurd variety, requires intelligence to succeed. Yes, this is no Paul Blart: Mall Cop.

Extras include three featurettes, a gag reel and commentary by Jody Hill, Seth Rogen and Anna Faris.

O'Horten
Director: Bent Hamer

BENT HAMER'S latest distillation of Scandinavian wit is a bit o' wintry whimsy about a retired train driver who goes off the rails as soon as he leaves the track.

Odd Horten (Bård Owe) is great at keeping schedules but lousy at making connections. He's driven the Oslo-Bergen run for more than 40 years, content to keep going back and forth with nothing more than his pipe to keep him warm at nights.

Until the night of his final run, when O'Horten discovers the train of life doesn't need a destination.

Hamer has an ideal accomplice in actor Owe, who wraps O'Horten in a snuggly sweater of mystery yet still conveys the fire within.

Peter Howell/for Metro Canada

Entertainment in brief

CHARGES A Spanish-language actor and frequent guest on the popular Univision show Sabado Gigante has been charged with possessing child pornography. A police report says 45-year-old Adonis Losada was arrested Friday at his Miami Beach apartment. Boynton Beach and Miami Beach police say investigators found a child pornography image Losada sent to a social networking website. Police say investigators then searched Losada's home and found 18 child porn images on his home computer.
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Emmys audience grows on TV

STATS The Emmy Awards can boast of an audience bigger than it's been in three years, despite some tough competition from pro football.

The Nielsen Company estimates that 13.3 million people watched Sunday's Emmy telecast. That's one million more than last year's show, which was the least-watched Emmys ever, and the most since the 16.1 million who watched in 2006.

This increase came despite a Giants-Cowboys game on NBC that scored the best overnight ratings of any prime time pro football game in 11 years.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Primetime 9/22/09

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica "Being Dr. Tom"		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Hollywood	You Can Dance		The Mentalist "Redemption"		Law & Order: SVU		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "Conjuring Philip"		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS (Season Premiere) (N)		NCIS: Los Angeles "Identity"		The Good Wife "Pilot" (CC)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Dancing With the Stars (Same-day Tape) (CC)				Wife Swap (CC)		A News (N)
	253	359	13 CITY	(6:00) Hell's Kitchen (N) (CC)		The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	90210 (N) (CC)		Melrose Place "Grand" (N)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS (Season Premiere) (N)		NCIS: Los Angeles "Identity"		The Good Wife "Pilot" (CC)		KIRO News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked		Naked Beauty
	288	380	24 ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars (Same-day Tape) (CC)				the forgotten "Pilot" (CC)		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	Disturbing Behavior ★★ (1998, Horror) James Marsden.				The Office	The Office	Seinfeld
	291	383	27 PBS	Julia Child Memories: Bon Appétit!				Get Down Tonight: The Disco Explosion (CC)				Change Your
	290	382	23 FOX	Two/Half Men	Two/Half Men	Hell's Kitchen (N) (PA) (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	45 PBS	And They Flew: The Story		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (N) (CC)		Melrose Place "Grand" (N)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Friends (CC)	According-Jim
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	16 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball New York Yankees at Los Angeles Angels of Anaheim.					Sportsnet Connected		Sportsnet
	400	400	30 TSN	SportsCentre	Interruption	SportsCentre	Boxing Juan Diaz vs. Paulie Malignaggi. (Taped) (CC)					SportsCentre
	411	457	43 OLN	Ghost Hunters "All Access"		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters "All Access"		Bounty Hunter
	410	403	54 SCR	Score Now		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Jacked!	Jacked!	Pimp My Ride	Pass Time	Monster Jam		Super Bikes!	Super Bikes!	Jacked!
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		First Australians (N) (CC)		The English Surgeon (2007) Premiere. (CC)			Recreat. Eden	Warrior Boyz
	575	583	60 CMT	Home Imp.	Home Imp.	Wilsons	Wilsons	Reba (CC)	Reba "As Is"	According-Jim	According-Jim	Home Imp.
	570	580	62 MM	MuchNews	My Date	One Tree Hill "Hundred"		Starmaker (CC)		MuchNews	Love Court	Spotlight
	600	564	63 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Genevieve	HGTV's Top	Dirty Business	House
	615	520	61 A&E	Manhunters	Manhunters	Manhunters	Manhunters	The First 48 Cabdriver. (CC)		Manhunters	Manhunters	Manhunters
	628	584	92 SPKE	Surviving Disaster (N)		Surviving Disaster		CSI: Crime Scene Invstgtn.		Surviving Disaster		Disorderly
	521	560	94 TLC	Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Table for 12	Table for 12	Jon & Kate	Jon & Kate	Toddler-Tiara
	616	522	93 SHO	The Outer Limits "Mona Lisa"		The Unquiet (2007, Suspense) Cara Buono, Don S. Davis. (CC)				Bones (CC)		NCIS (CC)
	620	523	40 BVO	(6:00) Jessye Norman (CC)		Law & Order (CC)		Without a Trace (CC)		The Man on the Train ★★★ (2002)		
	601	562	41 SLC	Bulging Brides	Bulging Brides	ET Canada	What	Biggest Loser Australia (CC)		Average Joe: Hawaii (CC)		Trading Sp
	520	505	42 DIS	Deadliest Catch (N)		Daily Planet (CC)		Destroyed	Destroyed	Deadliest Catch		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Cities of the Underworld (N)		Ultimate Engineering "Petra"		Crime Stories
	627	528	45 SPC	Fringe (Season Premiere) (N)		InnerSpace	Stargate SG-1 "Dominion"		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	57 TBS	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	The Fighting Temptations ★★ (2003) Cuba Gooding Jr. (CC)			
	619	525	48 TROP	'70s Show	'70s Show	Stunt Stars "Alicia's Book"		ET Canada	Switch (N)	Family Guy	'70s Show	'70s Show
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	Hell's Kitchen (CC)		Good Eats
	-	-	53 AMC	Lethal 3	Missing in Action 2: The Beginning ★★ (1985) Chuck Norris.				Mad Men (CC)		(:32) In the Line of Fire (1993)	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	House Party	Comedy Inc.	Daily Show
	320	621	60 CEN	(6:30) Cloverfield ★★★ (CC)		Charlie Wilson's War ★★★ (2007) (CC)			(:45) The Brave One ★★ (2007, Suspense) Jodie Foster. (CC)			
	581	566	101 MTV	Daddy's Girls	Bitch Is Back	MTV Live	After	16 and Pregnant "Maci"		Daddy's Girls	Bitch Is Back	MTV Live
	261	394	102 V	Unscripted	I Prophesy	Poltergeist: The Legacy		Hope and Glory ★★★ (1987) Sebastian Rice-Edwards, Sarah Miles. (CC)				
	-	-	105 MUL	Banquet	Kingdom-Wind	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

The Good Wife
Julianna Margulies won an Emmy for her work on "ER," and it seems likely she'll nab another nomination at least for her emotionally raw performance in this new drama series. She plays Alicia Florrick, the long-suffering spouse of an Eliot Spitzer-like politico (Chris Noth) who gets sent to prison following a sex scandal. That leaves Alicia to try to pick up her long-dormant legal career. Christine Baranski and Josh Charles also star. 10 PM on CBS, GT

NCIS: Los Angeles
Set in the high-stakes undercover surveillance world of the Office of Special Projects, this spinoff of (duh) "NCIS" stars Chris O'Donnell as Special Agent "G" Callen, a versatile operative who can assume just about any identity to crack the criminal underworld. Four months after being shot, Agent Callen returns to the OSP and joins the Los Angeles team on a kidnapping case. LL Cool J, Daniela Ruah, Linda Hunt and Peter Cambor also star in "Identity." 6 PM on STR, 9 PM on CBS, GTV

Trusting his intuition

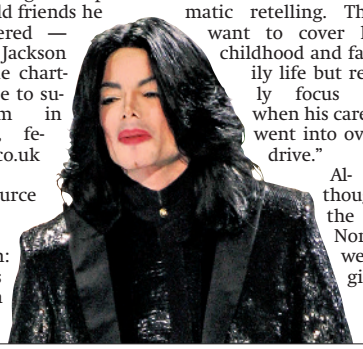
After 10 months of dating, actor John Krasinski knew it was time to propose to his now-fiancée Emily Blunt. "So many people say, 'You know when you know,' and it's true," he said, adding, "it was a tough gig, but somebody had to do it." METRO NEWS SERVICES

Celebrity Buzz

MJ's 'son' Omer to play him in biopic

A LITTLE TOO LITERAL Michael Jackson's "son" is to play him in a new film.

Omer Bhatti — whom the late King of Pop allegedly told friends he had fathered — will play Jackson in a movie charting his rise to superstardom in the '80s, femalefirst.co.uk reports.



A source told Britain's The Sun: "Michael's story from childhood to the height of success is nothing short of astounding.

"The family feel fans would love to see a dramatic retelling. They want to cover his childhood and family life but really focus on when his career went into overdrive."

Although the Norwegian Bhatti — who has worked as a Michael Jackson impersonator — denies Jackson is his biological father, he has revealed the singer used to tell him he was "like a son" to him.

He was also welcomed by the Jackson family and sat in the front row at Jackson's Los Angeles memorial service in July.

Since his death in June, Bhatti has reportedly stayed at the Jackson family home in California.

Bhatti, 25, first met Jackson in 1996.

It has also been reported that the Ferris wheel that used to entertain visitors at Jackson's Neverland Ranch has been enjoying a second life after an amusement company picked it up at an auction that liquidated items from the estate last year, according to the Associated Press.

"We ourselves really didn't advertise it," said Theresa Noerper of Archway Amusements. "When he died, it kind of blew up. There's no keeping secrets then."

Jackson fans have reportedly been showing up as the wheel tours the south, paying respects and taking pictures.

METRO NEWS SERVICES

Fat and K-Fed knows it

SELF-ASSURED Talk about Kevin Federline's ghastly weight gain all you want.

"He doesn't care," his ex Shar Jackson told usmagazine.com Sunday. "The beautiful thing about him is that he could care less."

She said the 31-year-old dancer-turned-rapper is doing "good."

As his ex Britney Spears continues her Circus tour, he's been on the road looking after their sons Sean Preston, 4, and Jayden James, 3.

Jackson said that he still manages to phone the two children he has with her: Kori, 7, and Kaleb, 5.

"He calls them all the time," she told Us. "They have good long phone conversations. I'm like, 'Ok, that's good. Hang up the phone 'cause we have stuff to do.'"

Jackson said she is also proud of Spears — whom she once loathed. (Spears famously began dating Federline while Jackson was pregnant with her second child with Federline.)

"She seems like she's doing well," Jackson told Us of Spears, who was hospitalized twice in 2008. "Good for her."

METRO NEWS SERVICES

Celebrity tweets

Pink doesn't appreciate being shushed, Jimmy Fallon has no time for dressing rooms, and Courtney Love is worried about America.

• @Pink I'm at an outdoor movie and some1 just "shushed me". I stated "rent the dvd" I'm not gonna lie, I'm gonna talk a little, I'm outside" heehee

• @jimmyfallon Just changed from a tux into street clothes in the back of a car in a Burger King parking lot. Off to the airport. New show tomorrow.

• @courtneylover79 we cant let our people starve and get so fat they are committing carbicide, and have no health, it made me really sad or teh economy, and more

METRO WORLD NEWS

GETTY IMAGES

Madonna's candy store ambitions

ALWAYS WANT WHAT YOU CAN'T HAVE Madonna dreamed of working in a candy store, femalefirst.co.uk reports.

The singer — who now follows a strict diet and exercise regime — was so "obsessed" with sweet treats as a teenager she wanted to sell them.

The 51-year-old revealed: "My dream was always to work in a candy store. It was because of my obsession with candy. I'm not obsessed anymore, now that my teeth are all rotten!

"I did go to a university for a year and there was a candy shop that I used to go to all the time, an old-fashioned one where all the candy was in these big glass jars.

"I used to go in there and look at all the candy and think, 'God, it would be really cool to work in here; I could have candy whenever I wanted.'"

METRO NEWS SERVICES

Who will make Mischa's coffee?

NOW HIRING: COFFEE INTERN Mischa Barton is still making work on The Beautiful Life difficult, according to Page Six. An on-set source says Barton has been showing up to work so bleary-eyed, she's been holding up filming, and one day recently, she "kept demanding that someone make instant coffee for her.

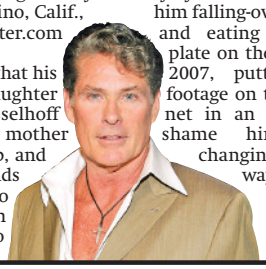
"Often, she'll stare at the coffee for minutes at a time and say, 'Who will fix my coffee? I need someone to fix my coffee.'"

METRO WORLD NEWS

Drunken Hoff taken to hospital?

FAMILIAR STORY? Baywatch star David Hasselhoff was admitted to hospital Sunday after drinking heavily at his Encino, Calif., home, popeater.com reports.

TMZ reports that his 17-year-old daughter Hayley Hasselhoff called her mother Pamela for help, and one of her friends is thought to have called an ambulance to retrieve Hasselhoff.



He was allegedly released that night.

Hayley famously filmed him falling-over drunk and eating from a plate on the floor in 2007, putting the footage on the Internet in an effort to shame him into changing his ways.

METRO NEWS SERVICES

Amy risks a drug relapse?

SNAGGLE-TOOTHED NO MORE Amy Winehouse finally got around to getting her teeth fixed, but now pals are worried the painkillers she's been given to cope post-surgery might spark a relapse, according to the Sun.

"Amy's teeth were in a pretty gross state," a source said. "They were brown and stained and needed major work on them and she was determined to get them back to their sparkling best.

"It's all major work and it's left her in almost constant pain, but she thinks the sacrifice is worth it. She's been given some very strong drugs to cope with the pain," the source added.

METRO WORLD NEWS

Kourtney's Emmy wardrobe issue

MAT WEAR Kourtney Kardashian admits her baby bump was an issue at Sunday's Emmys, usmagazine.com reports. "It's hard to get dressed when you're seven months pregnant almost!" she told Ryan Seacrest, while wearing a floor-length black gown. "I still try to be fashionable."

METRO NEWS SERVICES

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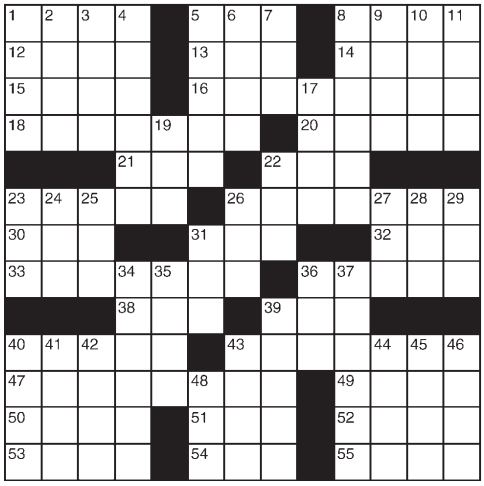


ACROSS

1 In the thick of
5 Letterman's network
8 Mafia boss
12 Unadorned
13 Exist
14 Sahara-like
15 Physical
16 News-item info
18 Air out, as laundry
20 Accumulate
21 Sailor's assent
22 Put to work
23 Wood-shaving tool
26 Tests
30 A billion years
31 Scale member
32 Adversary
33 Exhausts
36 Stood
38 Possess
39 Wildebeest
40 Quickly
43 Region of Australia
47 Make retroactive
49 Sad
50 Lo-cal
51 That guy's
52 Get a glimpse of
53 Formerly, formerly
54 Fool
55 Colonial seamstress

DOWN

1 Cain's victim
2 Long skirt
3 Ahmadinejad's land
4 Abase
5 Core group
6 Talk like 54-Across
7 Harden
8 Less nervous
9 Met melody
10 Cushion inserts
11 Honorific verses
17 Relaxed
19 Prepare Easter eggs
22 Link letters
23 Apiece
24 "Skip to My —"
25 Massachusetts cape
26 Speck
27 E.T.'s transport?
28 Ph. bk. data
29 Witness
31 Baltimore newspaper
34 Hole in the wall?
35 As yet unpaid
36 Pismire
37 Goodyear product
39 Surmise
40 Competent
41 Poker holding
42 Book after the Gospels
43 Elevator name
44 As well
45 Drink holders
46 Harpsichord lineup
48 "Eureka!"

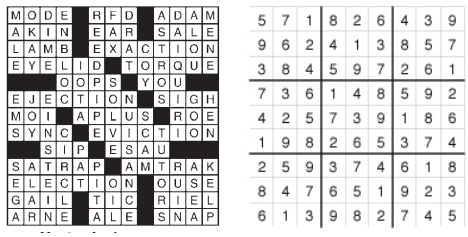
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		2						
	5			7		6	4	
	1	3			5	7		9
		6		3				
	3		6	4	2		7	
				9		2		
2		8	3			9	6	
	9	1		6			8	
						3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	1	8	2	6	4	3	9
9	6	2	4	1	3	8	5	7
3	8	4	5	9	7	2	6	1
7	3	6	1	4	8	5	9	2
4	2	5	7	3	9	1	8	6
1	9	8	2	6	5	3	7	4
2	5	9	3	7	4	6	1	8
8	4	7	6	5	1	9	2	3
6	1	3	9	8	2	7	4	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Fettuccine Alfredo

INGREDIENTS:

4 oz (125 g) uncooked fettuccine
3 tbsp (45 ml) butter
1 cup (250 ml) heavy whipping cream
1/4 cup (50 ml) plus 2 tbsp (25 ml) grated Parmesan cheese, divided
1/4 cup (50 ml) grated Romano cheese
1 egg yolk, lightly beaten
1/8 tsp (0.5 ml) salt
Dash each pepper and ground nutmeg

METHOD:

1. Cook fettuccine according to package directions. Meanwhile, in pot, melt butter over medium-low heat. Stir in cream, 1/4 cup (50 ml) Parmesan cheese, Romano cheese, egg yolk, salt, pepper and nutmeg.

2. Cook and stir over medium-low heat until thermometer reads 160°F (71°C — do not boil). Drain fettuccine; top with Alfredo sauce and remaining Parmesan cheese.

SERVES 2

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
The answers you seek are not hard to find but you'll need help from those who have asked the same sort of questions before you.

TAURUS ♉
APRIL 21-MAY 21
You won't lack for self-belief today but as mind planet Mercury is still moving retrograde you are advised to check facts and figures.

GEMINI ♊
MAY 22-JUNE 21
Family issues that have been causing you problems can quite easily be resolved, but you must stop putting them off.

CANCER ♋
JUNE 22-JULY 22
Mars in your birth sign does wonders for your confidence and you won't hesitate to speak up today if you feel you have something to say.

LEO ♌
JULY 23-AUG 23
You will have to bluff your way through a situation you would usually cope with quite easily. Fortunately others expect you to be assured and outspoken.

VIRGO ♍
AUG 24-SEPT 22
Mercury back in your birth sign means you are not afraid to speak your mind, and it could lead to some interesting scenes.

LIBRA ♎
SEPT 23-OCT 23
Others may be having second thoughts about what you are doing but you have no doubts. Your momentum will keep you moving.

SCORPIO ♏
OCT 24-NOV 22
You are prepared to risk anything to prove you are the best at what you do. Before the day is over almost everyone will be singing your praises.

SAGITTARIUS ♐
NOV 23-DEC 21
You will get your way today but you will probably upset one or two people in the process. But that won't worry you in the slightest.

CAPRICORN ♑
DEC 22-JAN 20
You won't lack for things to say over the next 24 hours, but make sure that any criticisms you have are justified and that your reasons for airing them are positive.

AQUARIUS ♒
JAN 21-FEB 18
With Mercury still moving retrograde, what others tell you they are going to do and what they actually do may be two different things today.

PISCES ♓
FEB 19-MARCH 20
You don't lack for ideas but you may lack the confidence to express them, and that's a shame because some of your ideas are quite brilliant.

This day in history

SEPT. 22, 1862: Slavery in the United States: a preliminary version of the Emancipation Proclamation is released.
SEPT. 22, 1888: The first issue of National Geographic Magazine is published.
SEPT. 22, 1896: Queen Victoria surpasses her grandfather King George III as the longest reigning monarch in British history.
SEPT. 22, 1991: The Dead Sea Scrolls are made available to the public for the first time by the Huntington Library.
SEPT. 22, 2003: David Hempleman-Adams becomes the first person to cross the Atlantic Ocean in an open-air, wicker-basket hot air balloon.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Whack Grand Coulee, for one (1)
2. Actor Black's Apple computers (1)
3. "Wizard of Oz" dog snapshot (2)
4. Georgia fruit on a sandy shore (1)
5. Scottish girls' reading spectacles (2)
6. Singer Parton's tennis shots (2)
7. Less tall one who frustrates plans (2)

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ANSWERS
1. SLAM DAM 2. JACKS MACS 3. TOTO PHOTO 4. BEACH PEACH
5. LASSES GLASSES 6. DOLLYS VOLLEYS 7. SHORTER THWARTER

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All-Inclusive • Standard rm.
Dec. 5 • 1 wk.
$1049
Taxes & other fees (including service charges): $245

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All-Inclusive
Deluxe oceanview rm.
Dec. 20 • 1 wk.
$1199
Taxes & other fees (including service charges): $266

Honolulu

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Aloha – Run of the house
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